

RING-MASTER

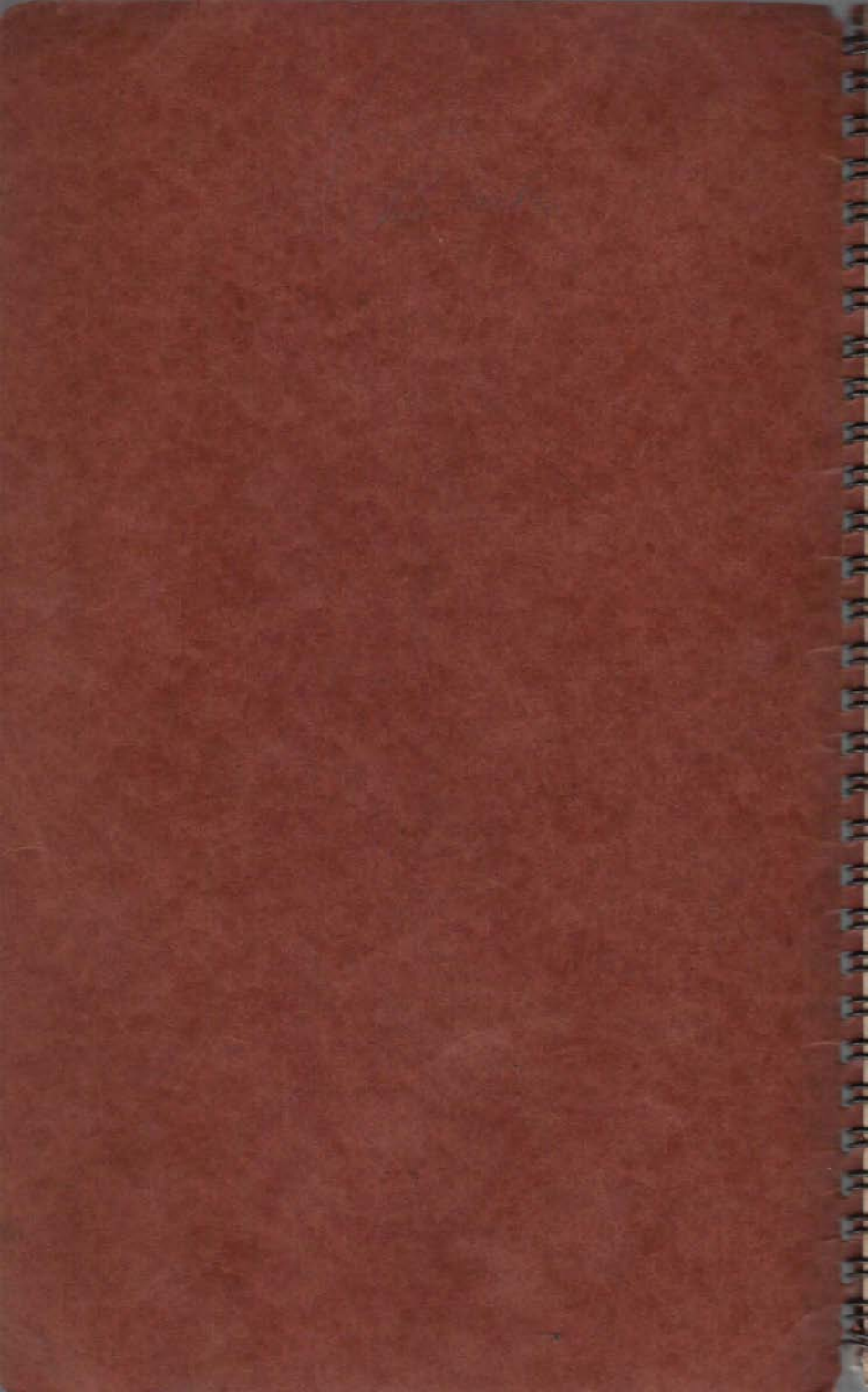
PAT. PEND.



The Superior

Note Book

S 055



(Receipt for Cocoa)

1 1/2 tsp Cocoa 1/4 cup water
1 teaspoon Sugar 1 tablespoon or 1/4 cup milk

Boil cocoa and water then add the other ingredients.

(Apple Sauce)

1 apple salt
1/4 cup water sugar

Remove the core and peel. Cut in quarters place in saucepan with water and boil over low flame. Before putting over the flame add the sugar & salt.

(Apple Compote)

1 apple 1/4 cup water
2 tablespoons Sugar Salt

Pare and core. Put the water, sugar and salt in a saucepan and heat until it boils into a syrup. Then place the apple in the syrup and put over low flame and let it boil gently. (Cook about 10 minutes.)

(Puffy Pancakes)

1 egg
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon butter
1 teaspoon milk or water
Dash pepper + salt

Separate the white and yolk. Beat yolk add milk and pepper. Beat whites until stiff. Fold whites and yolks together. Pour batter in frying pan or omelet pan. Cook over low flame.

(Griddle Cakes)

$\frac{1}{2}$ cup Sugar
 $\frac{1}{2}$ cup flour
1 teaspoon baking powder
 $\frac{1}{2}$ egg
 $\frac{1}{2}$ cup salt
 $\frac{1}{2}$ cup milk
1 tsp fat (or Butter)

Mix and sift dry ingredients.
Beat egg. Add egg and milk mix together. Add melted fat. Beat mixture about $\frac{1}{2}$ minute.
Drop batter on griddle that has been well greased and is hot. When puffed and bubbles have broken is done.

All Bran Muffins

2 tablespoons Fat	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup of sugar	1 cup flour
1 egg	$\frac{1}{2}$ teaspoon salt
1 cup bran	$2\frac{1}{2}$ teaspoon Baking powder

Mix fat & sugar, add eggs
add bran and milk let soak until moisture
is taken up.

Sift salt, baking powder and flour.
Add the other mixture. Put in greased
pan. Bake at 400°F yield 8 large Muffins

(Custard)

$\frac{2}{3}$ cup Milk	$\frac{1}{4}$ tsp Vanilla
1 egg	1 tsp of salt
1 tsp + 1 tablespoon Sugar	

Heat milk in double boiler, Break egg in bowl
and beat enough to mix with ingredients, Sugar,
milk, salt and flavor, put in little custard cups.
place custard cups in a pan with water around
them and put in the oven

(Cooked Salad Dressing)

1 ^{teaspoon} flour	^{1/3} ^{teaspoon} salt
1 ^{teaspoon} sugar	^{1/4} ^{teaspoon} mustard
1 ^{tablespoon} butter	dash paprika
^{1/3} ^{cup} milk	^{1/2} ^{egg}
1 ^{tablespoon} + 1 ^{teaspoon} vinegar	

Mix flour, sugar, butter, and milk place in double boiler and put over fire,
Beat egg in a bowl, Pour sauce over the egg,
stirring while pouring. Return the egg mixture
to the double boiler. Stir and cook over hot water
until it is thick. remove from fire and add
vinegar. Set in a pan of cold water to cool.

(Fish Salad)

^{1/3} ^{cup} Salmon	^{1/3} ^{cup} celery or cabbage
torn into small	finely shredded
bites	

Add this mixture with the salad dressing
place in desert dish, with leaves of lettuce
around it.

Cocoa Cup Cakes

2 1/2 tablespoons butter 4 tablespoons Cocoa
1/2 cup + 2 tablespoons sugar 1/4 tsp Soda
1 egg 1 1/2 tsp Baking Powder
1 cup flour 6 tablespoons milk
1/2 tsp Vanilla

(Scolloped Salmon Dish)

Whole Recipe

1 cup fish
1 cup white sauce #2
1 tablespoon chopped green peppers
1 piece toast

(Half of Recipe)

1/2 cup boil fish or Salmon
1/3 cup white sauce No. 2
1 teaspoon chopped peppers
1 piece toast

Amount

Medium white soupent salad

Page 246 milk

1 cup can salmon etc

Mix white sauce + salmon

sprinkle with bread crumbs

(Oatmeal Cookies)

1 cup fat	1 1/2 cups rolled oats
1 cup sugar	1 1/2 cups flour
1 egg	1/8 tsp salt
1/2 cup sour milk	1/2 tsp cinnamon
1/2 tsp soda	1/2 tsp baking powder

Cream fat, add sugar, and well beaten egg and milk, (flour raisins). Mix and sift all dry ingredients except oatmeal. Add oatmeal. Add dry ingredients gradually to fat mixture. Add raisins. Drop by spoon full in greased pan.

Bake at 350° F, or 375° F for about 15 or 20 min.

(Small recipe of Oatmeal cookies)

1 tablespoon fat	3 tablespoons rolled oats
2 tablespoons sugar	3 tablespoons flour
1 tablespoon or 1/4 egg	1/8 tsp soda
1/2 tablespoon sour milk,	spr cinnamon
1/8 tsp baking powder	spr salt
2 tablespoons	raisins

(Croutons)

cut bread into squares and put in the oven
to brown. use with cream of pea soup.

(Cream of Pea Soup)

1 can peas (No. 2)	$\frac{1}{8}$ tsp pepper
$\frac{1}{2}$ tsp sugar	1 tsp salt
1 pint water	$1\frac{1}{2}$ to 2 tablespoons butter
2 tablespoons flour	1 pint milk

put peas in a sauce pan and boil until soft. add sugar & water. and let it boil with peas, pour the peas and liquid into strainer, press and strain until only the skin or covering of the peas are left in strainer,
(white sauce)

Put in sauce pan, flour, butter, pepper and salt, boil until it becomes thick and brown. then add cream and boil until thicker.

(add together)

combine strained peas and white sauce. Place over a flame and heat until it reaches a boiling point. (serve 6 people)

(Small receipt of cream soup)

$\frac{3}{4}$ cup + 2 tablespoons peas	$\frac{1}{8}$ tsp pepper
$\frac{1}{4}$ tsp sugar	1 pk salt
$\frac{3}{4}$ cup - $\frac{1}{2}$ pt water	2 tsp butter
2 tsp flour	$\frac{3}{4}$ cups milk

(Cut Cookies)

1 tablespoon lard fat 1/2 cup flour
1/4 egg 1/2 tsp baking powder
3 tablespoons sugar dash baking soda
1/2 tablespoon corn milk 1/8 tsp salt
1/4 tsp Vanilla

sift the flour and other dry ingredients.
Put fat in mixing bowl. Beat the egg and
add to the fat, mix well. add sugar and
milk. add Vanilla, Beat until all are
well blended. add the dry ingredients to
the egg mixture. put in grease, put in
the oven. Bake from 10 to 15 min - 375°F.

(Mints)

Small recipe

1/2 cup sugar 3/4 tablespoons lard
dash salt 3 tablespoons boiling water
1/8 tsp. Vanilla

Combine ingredients except (pepper - wintergreen -
Vanilla) in a deep 2 qt sauce pan, Place over
low flame and stir constantly, until sugar is
dissolved and mixture boils. Cover and cook 3 min
then remove cover and continue stirring.

(Mint-Fondant)

Large Recipe

2 cups Sugar

dash Salt

1/2 cups Vanilla

2 tablespoons light corn syrup

1/2 cups boiling water

Combine ingredients except (pepper, wintergreen, vanilla) in a deep sauce pan 2 qt. Place over flame and stir constantly. until sugar is dissolved and mixture boils, cover and cook 3 minutes. then remove cover and continue cooking without stirring until a small amount forms a soft ball in cold water (240°F)

* During cooking wash down side of pan occasionally without damp cloth

* Pour Fondant at once on cold wet platter cool.

* Work with a wooden paddle or spatula, until creamy white

* knead in hands until smooth

* add flavoring and knead until blended.

* Let stand until cold.

* wrap in cold paper

* store in tight covered jar 24 hrs in ice box

* melt over double boiler, add coloring

* drop from a spoon on a platter or cut with a knife shape and dip in chocolate

Corn Bread

1 cup flour

2 meals

1 cup Butter milk

2 table Spoon B Powder

$1\frac{1}{2}$ tea spoon salt

(Parker House Rolls)

"To make three dozen rolls"

- | | |
|---------------------------|----------------------|
| 3-6 cups Flour | 1/2-1 cup cold water |
| 1/2-1 cup Milk | 1-2 cakes yeast |
| 2-4 tablespoon Sugar | 1/2-1 egg |
| 2-4 teaspoon Salt | |
| 3-6 Tablespoon shortening | |

- 1- Sift flour and measure. Heat milk to scalding. Meanwhile, measure sugar, salt and shortening, into large bowl. Pour in hot milk, stir until dissolved.
- 2- add cold water. Mixture should be lukewarm. add yeast crumble on surface. stir until dissolved.
- 3- Blend half of sifted flour into mixture. add unbeaten eggs, beat batter until smooth. add remaining flour, stir until well mixed. If dough seems too soft to handle, add a little more flour.
- 4- Turn into large greased bowl. Brush top lightly with melted shortening, cover with wax paper and a cloth, tie tightly. Store in refrigerator till ready for use. This dough will keep 4 or 5 days.
- 5- Roll dough 1/4 inch thick on floured board. cut with floured cutter (2 1/2 inch) over

Brush with melted fat, crease across center with dull edge of knife, fold over, press edges together, place on greased pan

6" cover with towel, let rise in warm place, free from draft until double in bulk - about $1\frac{1}{2}$ hrs. Bake in hot oven when done brush with melted butter or Margarine.

- you can shape this dough into rolls as soon as mixed. without chilling. Let rise 1 hr or until double in bulk and then bake.
- or you can keep it in refrigerator so you'll be ready to bake fresh rolls whenever you want them during the week
- for change make cloverleaf rolls. shape dough into small balls about 1 inch in diameter, place three balls in each greased muffin cup. let rise and bake as directed